

Learn to Swim," Word to Americans of Miss Kellerman, Champion Swimmer



MISS KELLERMAN

She Also Tells Them Not to Be Lazy and to Laugh Often.

SWIMMING IS EASILY LEARNED.

Swimming Is Necessary in Saving Life as Well as Keeping Good Health.

Miss Annette Kellerman, the champion woman swimmer of the world, is from England, where she has been performing since leaving her Australian home. Miss Kellerman had a tentative desire to jump from the cliffs and swim ashore to Jersey when she came up the harbor yesterday, but she restrained herself, and none but the able press agent was the witness.

She had advice for women today and her advice was "Learn to swim." Miss Kellerman believes that swimming is as necessary as walking, if not more so, and says that it should be compulsory on every child to learn, not only as a matter of recreation and health, but also to save life when necessary.

An Expert at Fourteen.

Miss Kellerman has been an expert swimmer since she was fourteen years old. What prevented her from swimming the English Channel from Dover to Calais was that the weather was bad and she had mal de mer. In warm seas, she says, one should be able to swim on by the hour, mile after mile, without being tired. She holds the English coast swimming record from Hammersmith to Dover—a bit of twenty miles—which she did in four hours and twenty-eight minutes. She also holds

the world's record for the 100-yard dash, swimming being 1:14.

In telling American girls how to be good swimmers and athletes as a sure way to beauty and health, she gives these rules:

"Don't overeat, and eat good, wholesome food regularly.

"Don't be lazy, and take plenty of good, easy exercise without tiring yourself out.

"Go to bed early and regularly and rise early. If you live in the country walk a mile or two before breakfast. If you live in the city walk around the block a few times before sitting down to your first meal.

"Be as cheerful as you can, forget all about your troubles, real or imaginary, and laugh as much as you can. Laughter will take all the bad microbes out of your system and put in their place only the health giving, strength providing germs.

Any Child Can Swim.

Miss Kellerman makes the assertion that any child who can walk can swim. She advises against the teaching, advocated by some, of plunging the child into deep water and expects him to learn to swim while trying to save himself. She favors water breathing.

"The first stroke" in swimming is the breast stroke. The hands are stretched far forward, palms together, and at the stroke spread as far apart as they will go, the palms turning outward. After being brought together again they are again thrust forward and the stroke repeated. A similar, simultaneous movement of the legs accompanies this. The knees bent and straightened in a backward kick at the same time the arm stroke is taken.

"In swimming nothing can be of greater importance than correct breathing," said Miss Kellerman. "Nothing else so clearly makes the difference between the strong, regular swimmer who can keep up stroke after stroke without tiring and almost indefinitely, and the feeble swimmer who soon becomes winded and whose stroke quickly becomes jerky and feeble, as does the way in which he breathes.

"The second stroke you should learn after—say, have mastered the breast stroke and can swim about freely in the underhand side stroke. Usually the swimmer lies on his side, with his head turned down, with closed fingers. Then the hand is quickly turned palm upward, so that it cuts the water directly as it is raised above the surface, and the arm is thrust forward, the palm again turning down as the hand reaches its position in front of the head.

"At this moment the upper arm stroke is started, beginning about six inches in front of the face, with palm turned down, the arm, slightly bent as it enters the water, is swept backward close to the body. When the upper arm is about opposite the shoulder as it cleaves the water the legs should open for the leg stroke. The kick should be made when the hand leaves the water, and it should be completed and the leg extended straight backward before the left hand leaves the water to take its position for the next stroke.

For Long Distance Swimming.

Describing her overhand stroke, which she recommended as best for long distance and racing swimming, she said:

"At the beginning of the overhand side-stroke the body lies on either side, the arms in same position as at the beginning of the underhand side-stroke. The lower arm is swept downward to wards the thigh, the palm of the hand turned down, with closed fingers. Then the hand is quickly turned palm upward, so that it cuts the water directly as it is raised above the surface, and the arm is thrust forward, the palm again turning down as the hand reaches its position in front of the head.

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Low Shoes For Men

All the desirable new shapes and the "old favorites." In fact every good style old or new.

BLACK OXFORDS

Calf - - - - \$3.00 to \$7.00
Kid - - - - 3.00 to 5.00
Patent Leather - - 4.00 to 7.00

TAN AND BROWN OXFORDS

Tan Russia Calf - - \$3.00 to \$7.00
Golden Brown Kid - - 5.00

PUMPS

Gun Metal Calf - - \$3.50 to \$6.00
Tan Russia Calf - - 6.00
Patent Leather - - 3.50 to 5.00

15 minutes from Cortlandt St. via 6th Ave. Elevated.

No Branch Store.

Alexander

Sixth Avenue and Nineteenth Street.



ANNIVERSARY

THE POWER OF GOOD MERCHANDISE COMBINED WITH VERY POPULAR PRICES.

YOU get the newer, better, broader, very progressive idea of 14th Street when you visit THE 14TH STREET STORE. This fact is demonstrated with particular emphasis by our THIRD ANNIVERSARY SALES. The Store appeals not to a limited public, but to a broad public—just such people as patronize the other good and large Department Stores. This is virtually a store of surprise, for at every turn you are greeted by mountains of merchandise, new and most engagingly displayed. It's a great Store and it's growing famously.

To-Morrow, 10 A. M. to 1 P. M.
Unbleached Muslin.

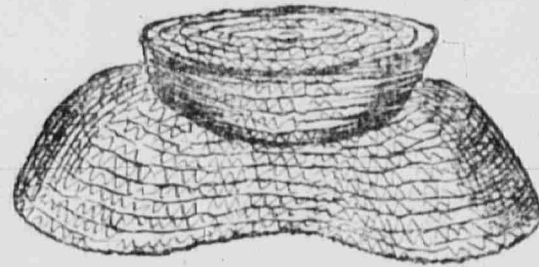
Good, heavy quality. Just the quality you'll want for sheets or pillow-cases. One yard wide. Worth 8c. Not more than 10 yards to a customer. No mail orders. Yard..... **5c**
(Main Floor.)

To-Morrow, 10 A. M. to 1 P. M.
Fresh Butter.

25,000 pounds WILLIAM FARM Creamery, sweet and pure. Not more than 2 pounds to a customer. None delivered. No mail orders. Pound..... **28c**
(Grocery, Sixth Floor.)

2,000 Rough Straw Braid Hats.

Big, Sensational Sale of the Most Wanted Shapes Priced to Bring a Throng. The Biggest Event of Its Kind During the Anniversary Sales.

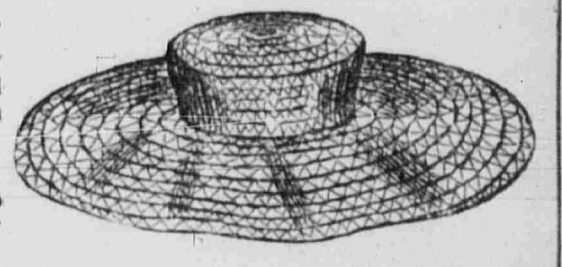


OPENWORK TUSCAN STRAW SHAPES. Latest novelty braid, good shapes, only burnt and natural; \$2.98 values..... **\$1.49**

LEGHORN HATS—Fine imported grades; high bell crowns; large sizes; these are not to be compared with goods sold at other stores at anywhere near the price; \$2.25 values..... **\$1.25**

HIGH-GRADE ROUGH JAP STRAW SAILORS. Black, White and mixed fancy colors, fine finish; all silk bands; 98c. val. **69c**

These shapes are in the greatest possible demand, for with them and a few flowers or ribbons or both you can quickly and economically trim up a beautiful hat. The shapes are of a very fine quality rough straw braid, and are shown in the largest variety of any similar sale we have held. THE VERY NEWEST SHAPES IN DEMAND AT THE PRESENT MOMENT, and in the most popular color. Shapes like these were made to sell at \$1.49 to \$2.00. SPECIAL ANNIVERSARY SALE PRICE OF..... **98c**



ROUGH BRAID. Untrimmed hats in all new shapes, including Sunbeam, Radcliffe, Montauk and St. Remo; Black and colors; regular price 75c..... **49c**

Flowers, Fruits, Foliage, Grass. The best merchandise and the lowest prices. Roses, Daisies, Lilacs, Buttercups, Poppies, Cowslips, Bluebells, Cherries, &c. Branches in Sprays or Wreaths; every wanted color and style. Worth double these prices—**19c, 25c, 39c, 49c, 98c, up to \$1.98**

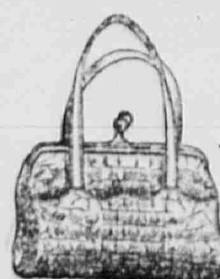
TRIMMED DRESS HATS—Fresh, crisp from our own workrooms; all the latest, chic styles; Rough Japs and China Braids, Leghorns, Chips and Javans; superbly trimmed in the latest fashion; regular price \$3.95..... **\$3.95**
(Second Floor.)

STIFF TRIMMED STREET AND CARRIAGE HATS—New rough braids, hand made on wire frames; trimmed with taffeta silk and wings; colors are Burnt and Black, with assorted color trimmings; worth \$4.50..... **\$2.95**
(Second Floor.)

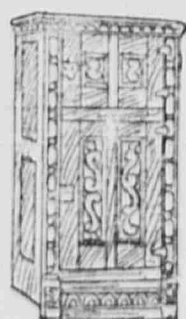
Women's Hosiery.

WOMEN'S FINE SHEER GAUZE LISLE HOSE. Plain and openwork effects; garter tops and double soles; Black, White and colors. Pair..... **12c**
(Main Floor.)

The "Broadway" Hand Bag for Women



The latest style Hand Bag; real leather in hornback alligator pressings; a large, soft carriage-shape with outside pockets and long strap handles; elsewhere \$1.00..... **75c**
(Main Floor.)



Refrigerators. 100 APARTMENT-HOUSE STYLE, nicely carved and finished in golden oak; extra large ice chamber with 2 large provision chambers. Regularly \$10.98, at..... **\$8.49**

Medicine Cabinets.

Finished in golden oak, two roomy shelves; fancy carved tops; usually priced at 75c..... **59c**

2-BURNER GAS STOVES, with electric burners, including a good-size gas stove oven with two shelves. Made of the best blue sheet steel. Regular price, \$1.98..... **\$1.10**
(Basement.)



Notions.

PEARL BUTTONS, Coral Shell and Fresh Water Pearl; all sizes..... **4c**

SATIN PAD FRONT ROSE 4x4x1/2, 1/2 inch, elastic strap, attached, beautifully finished, pair..... **9c**

FRENCH PEARL BEADS, 12 inch, 8x1/2 inch, pair..... **12c**

MACHINE NEEDLES, paper of 2 needles for LARGE HAWTHORN CABLES, with assorted hairpins; 1c. values..... **3c**

400 COUNT PIN BOOKS, all graduated sizes, 2c

WHITMORE BROS. QUICK WHITE, for cleaning all kinds of white canvas shoes, 25c. 15c

WARREN'S MILK COVERED FEATHERBOXES, black or white; box of 12..... **57c**

COMPLETE SKIRT AND WAIST FORM; can be regulated to any height; sizes 32 to 40; \$3.50 values..... **\$1.89**
(Main Floor.)

CORSETS

Complete Stocks of All the Best Styles. Special for Thursday:

UP-TO-DATE CORSETS, \$1.50 values. Medium and low busts, long dip hips and long over abdomen; supporters attached on fronts and sides; good-fitting and perfect straight fronts—strong quality Jean and Coutil. Sizes 18 to 30 inches..... **98c**
(Second Floor.)



Shoes and Oxfords.

Good Spring and Summer Styles—Well Made.

For Men
For Women **\$1**
For Children a Pair

Shoes and Oxfords of almost every kind—some women's trade mark oxfords with a famous name. Best shoes and Oxfords ever sold in New York at \$1 a pair.

All Sizes and All Widths. Arranged on Big Bargain Tables.
(Third Floor.)

10,000 Cakes Toilet Soap

High Grade, Perfumed Soaps of the Most Popular Makes.

Lilac, Violet, Heliotrope, Rose, Special Sale To-Morrow, **5c** Cake.....

These odors, made by Armour and converted into Annour's famous Soaps, are fragrant as fresh flowers. Absolutely pure Soaps that make beautiful any complexion.

7,000 Cakes of ARMOUR'S TOILET SOAP. Will stay hard down to a water and hold the perfume. Rose, Violet and Lilac. Box of 3 LARGE Cakes..... **10c**

Extra Sylvan Series Highly Perfumed Soap. Lilac, Carnation, Sandalwood, Box of 3 Cakes..... **25c** Rose, Heliotrope, Violet

No other Soap to-day at double the price measures up to this in quality or values.

900 Girls' Washable Dresses

Made to be sold at \$1.49 to \$1.98. A very special Anniversary Sale feature. All high colors, in numerous Spring and early Summer styles; beautifully hanging models; sizes 6 to 14 years..... **88c**
(Second Floor.)

New House Dresses

Also Matinee Suits made of dainty Lawns or French Percales in a large variety of styles.

MATINEE SUITS. Made of fine Lawn, in dainty patterns; prettily trimmed with collar, braid, flounce and skirt; all sizes..... **98c**

HOUSE DRESSES AND 1 AND 2 PIECE SUITS. Percales in light and dark colors; tailor made or trimmed with piping. Skirts are full widths with deep hem..... **\$1.49**

NURSES' UNIFORMS, HOUSE DRESSES AND 1 AND 2 PIECE SUITS. Of Chambray, Ginghams and French Percales. Light and dark colors; also checks; some made with Dutch necks and short sleeves; all sizes..... **\$1.98**
(Second Floor.)

Parlor Suites



3 Pieces—handsome designs, panelled backs, rich mahogany finish, piano polished. The springs are the indestructible kind, covered in fine quality of Verona Velour and Figured Tapestry. Regular price \$19.00. Special for this sale..... **\$12.50**
(Fifth Floor.)

Slip Covers

Lowest Price ever Made in New York 5 pieces, Slip Covers, allowing 20 yards of material..... **\$4.69**

We not only use the best Belgium Damask, but we hire the most expert workmen as well. Hence you can expect PERFECT SATISFACTION at the Lowest Prices in town. Suites requiring more than 20 yards proportionately low in price.



Piano Storage

Guaranteed Fireproof. Only \$1 a Month.

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